

Mindfulness Challenge



Close your eyes and think about the happiest day of your life so far. What happened? Use your senses to try and see, hear, feel, smell and taste what happened.



Mindfulness Challenge



Pretend you are blowing bubbles into the air. Purse your lips and blow slowly and steadily. Watch the bubbles float into the air. Keep watching until they pop.



Mindfulness Challenge



Pretend you are squeezing an orange segment. Squeeze as hard as you can for the count of 5 and then stop squeezing and release all the tension from your body as you allow your body to relax.



Mindfulness Challenge



When you wake up in the morning, open your eyes slowly and really feel the covers on your body. Breathe slowly and deeply for one full minute just thinking and feeling the covers.



Mindfulness Challenge



Have a look around the room where you are right now. Can you notice something that you have never noticed before?



Mindfulness Challenge



Take notice when you are brushing your teeth in the morning. Feel the bristles of the toothbrush cleaning every bit of your teeth. Take notice of the smell and taste of the toothpaste.



Mindfulness Challenge



Listen carefully and notice 3 things you can hear in the room you are in right now.



Mindfulness Challenge



Look carefully at someone in the room. Can you tell how they are feeling? What do you notice about them? Can you imagine feeling the way they do?



Mindfulness Challenge



Smile at someone. Notice how your face changes when you smile. How does it make you feel inside to smile. How does the other person react when you smile at them?



Mindfulness Challenge



Do some exercise to get your heart beating faster. Notice your heart speeding up and then slowing down when you rest again.



Mindfulness Challenge



Listen carefully to some music. It can be any music at all. Notice how it makes you feel. Now draw a picture to show what the music made you think of.



Mindfulness Challenge



Close your eyes and notice what you can smell. Really take in the smell and think about how it makes you feel. Now open your eyes write down how it made you feel.



Mindfulness Challenge



Run the cold tap and put your hands under the cold water for a few seconds.

Really feel the cold sensation touching your skin. How does it make you feel?



Mindfulness Challenge



Lay down comfortably and place one hand on your tummy. Breathe slowly and steadily. Feel your hand moving up and down with each breath. Notice if you breathe faster your hand moves up and down faster.



Mindfulness Challenge



Think about an animal you really love. What does it look like? What does it sound like? What does it do? Which emotion does it remind you of.



Mindfulness Challenge



Put your hands into some warm water and rub some soap into your hands. Wash every bit of your hands by rubbing and gliding them together. Watch the bubbles carefully and watch the shapes of the bubbles. Smell the scent of the soap as you do this



Mindfulness Challenge



Use your right hand and glide it down your left arm. Vary the pressure so you glide it softly and then harder. Feel the sensations in your arm as you do this. Now swap to your left hand and repeat.



Mindfulness Challenge



Either put on some music or dance in silence. It doesn't matter just move your body and dance away. No one is watching so go mad and move your body in anyway you choose. Enjoy the freedom of dance.



Mindfulness Challenge



Look at an everyday object. Something you have seen lots of times before but this time really notice it. Look at the shape, texture, and colour. Take in every detail of your object.



Mindfulness Challenge



If a negative thought pops into your mind. Stop what you are doing and label the thought as being unhelpful and let it go. Replace it with something more helpful.



Mindfulness Challenge



Spend one full minute telling yourself that you are amazing. Repeat 'I am amazing' over and over again. Use a mirror so you can really look at yourself and believe yourself.



Mindfulness Challenge



Ring a bell and see how long you can listen to the sound. Keep listening until it disappears completely. Repeat several times.



Mindfulness Challenge



Try eating mindfully by really looking at your food. Smell the food. Put it into your mouth and notice the texture of the food and the taste of the food. Feel it go down when you swallow and how it stops you feeling hungry.



Mindfulness Challenge



What is your favourite song? Do you know all the words? Try singing your favourite song and take notice of the lyrics of the song. Really feel the song as you sing.



Mindfulness Challenge



Think about what you are thankful for today. Spend a full minute on thinking about all the things you are thankful for. How does it make you feel to be thankful?



Mindfulness Challenge



Imagine you are laid on a cloud, gently floating away in the breeze. Relax all your body as the cloud holds you gently. Where might you go?



Mindfulness Challenge



Think about your happy place. It might be in your cosy bedroom. It might be laid on a beach. It might be snuggled up with your family watching a movie. Draw your happy place so it helps you visualise it better.



Mindfulness Challenge



See if you can reach the sky by stretching your body. Stand up and reach with your hands in the air as high as you can go. Can you touch the sky? Stand on tiptoe and really stretch your feet, legs, body and arms. Then relax.



Mindfulness Challenge



Choose a colour, any colour and fill your mind with your colour. What does it remind you of? What sound does it remind you of? What smell does it remind you of? What taste does it remind you of. Breathe in your colour and let it fill your body before slowly breathing out your colour.



Mindfulness Challenge



Try counting your breaths very slowly. 1 breathe in, 2 breathe out, 3 breathe in, 4 breathe out, 5 breathe in, 6 breathe out. Continue counting to 50 and notice your breathing becoming slower and slower.



Mindfulness Challenge



Stand up straight with your chest thrust forward, hands on your hips and your feet apart, wider than your hips. Enjoy being powerful and stand there for one full minute. Do you feel more confident? Strong?



Mindfulness Challenge



Make up a pattern by patting your body. Pat your head, shoulders, tummy, hips, knees, toes and then start again with head, shoulders, tummy, hips, knees, and toes. Repeat several times. Do this slowly, gently and carefully



Mindfulness Challenge



What do you do when you are happy? You smile. Try smiling now. Hold that smile for a count of 10 and then relax your mouth. Repeat several times. Is it making you feel happier? Now try laughing really loudly. Enjoy the sensation of the laugh. Notice the muscles in your face that make the smile or laugh.



Mindfulness Challenge



Recite your alphabet, slowly and carefully. Think about how each letter sounds as you say it. Now pick a letter and think about something you enjoy that begins with that letter. Repeat by choosing a different letter and thinking of something else you enjoy.



Mindfulness Challenge



Try clapping your hands together vigorously for a few seconds. Feel the fizzing in your hands. Focus on the fizzing feeling. When it has gone try clapping your hands together again. Do this several times.



Mindfulness Challenge



You are a dragon full of fire and smoke. You need to get the fire out of your body. Imagine you are blowing the fire out of your body through your mouth. Blow long and slow, get all the fire out of your body. Then breathe in through your nose and breathe out that fire again. Repeat.



Mindfulness Challenge



Use your sense of touch to connect with the here and now. It can be anything such as your body, clothes, or something near to you. Try and block out all the other senses and really concentrate on that touch.



Mindfulness Challenge



If you have a pet, try watching it carefully. What is it doing? Watch how it focuses on something and gives it, its full attention. What can you learn from your pet?



Mindfulness Challenge



Try slowing down a normal routine for you so that you are taking more notice of what you are doing. It might be brushing your teeth, having a shower, or putting your clothes on. Take your time and slow everything down so you can give each step more notice.



Mindfulness Challenge



Try using a camera, could even be your phone camera if you have one and taking a photograph of something. Take lots of photographs of the same thing from different angles. Really notice the item you are photographing.



Mindfulness Challenge



Try doing something differently like climbing stairs using a different foot than normal. Make sure you hold onto the banister. Try writing or drawing with the opposite hand to normal. How strange does it feel? Does it make you focus more?



Mindfulness Challenge



Close your eyes and explore your face with your fingertips. Make sure to notice all the irregularities in texture. Try varying the pressure from light touch to deeper touch. Enjoy the sensations it brings. What do you like about your face?



Mindfulness Challenge



Imagine your thoughts are clouds floating by. Lay down comfortably and relax your body. Imagine your thoughts are queuing up waiting to go through your mind. Allow them to pass through without dwelling on them at all.



Mindfulness Challenge



Try doing jigsaw puzzle and really concentrate on what you are doing. Look carefully at each piece and notice the shapes and colours. Spend at least 15 minutes doing your puzzle.



Mindfulness Challenge



Go outside and walk. Notice your feet hitting the ground as you walk. Notice the smells, colours, and sounds as you walk. Each step grounds you into the present moment.



Mindfulness Challenge



Pick up a feather and feel the texture. Study it carefully noticing the shape and colour. Imagine how it is there to help a bird fly and to keep it warm. Think about which bird it has come from. Now drop the feather from different heights and watch it fall to the ground.



Mindfulness Challenge



Take a video of yourself talking about something you are passionate about. Watch the video back and notice everything about your face, your voice and your facial expressions. Is there anything you would change? How do people see you?



Mindfulness Challenge



Think about the best part of the day. Think about every detail of that positive experience and enjoy dwelling on that thought.



Mindfulness Challenge



Have a scavenger hunt for things you are grateful for. Set yourself a target each day. I will find a food, drink, emotion, and animal I am grateful for today.



Mindfulness Challenge



Imagine you have a balloon that is going to fly up into the air. Fill the balloon with all the sad times from the past. Let the balloon go and watch it fly into the air taking all your sadness with it. You are left with positive and happy feelings.



Mindfulness Challenge



Make a mandala in anyway you choose. You could draw one or use beads, playdough or anything to make a circular pattern. Take notice of every section of the mandala and work from the centre going round and round until you have finished it. Be proud of your creativity!



Mindfulness Challenge



Try colouring in a mindful colouring book or sheet. Really concentrate on the colours and patterns. Keep your colouring neat and tidy. Be proud of what you have created.



Mindfulness Challenge



Put yourself in a quiet environment. It might be when you go to bed at nighttime and the house is quiet. Listen to the silence. What does it say to you?



Mindfulness Challenge



Take notice of the weather. What is the weather doing today? Is it hot, cold, windy, sunny, rainy, or snowy? How does each weather make you feel?



Mindfulness Challenge



Imagine you are snowman and you are made of crunchy white snow. The sun comes out and you start to melt. Feel all your muscles relax and eventually you are laid on the floor in a puddle of water. Enjoy the complete relaxation.



Mindfulness Challenge



Your tummy is a balloon and as you take in a big breath you will notice your tummy getting bigger and bigger. Now watch your tummy get smaller and smaller as you breathe out. Concentrate on your tummy getting bigger and then smaller.



Mindfulness Challenge



Imagine you are a strong and stable mountain. Stand up tall with your arms by your side and your feet together. Nothing can move you. Nothing can knock you down. You can stand there watching the clouds float on by you.



Mindfulness Challenge



Try balancing on one leg. Notice how difficult it is. You might want to hold onto something to begin with. Eventually you can balance without holding on. Swap to the other leg. Notice how your body sways to one side but YOU are in control.



Mindfulness Challenge



Think about how you are feeling right now. Acknowledge the feeling and ask it to tell you what it needs right now. What do you need to do to either let the feeling go or to keep the feeling if it is a positive one.



Mindfulness Challenge



Listen and watch the rain. Listen to it beating against a window and follow the raindrops as they run effortlessly down the glass.

